



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, September 11 at 11:00-11:45am

Toll-free call in number: 1-800-391-9177

Conference Code: 399 756 1793#

Sign in with full name of all attendees

Press *6 to mute/unmute your line or

Mute your personal line

Please check the volume on your phone

Agenda

- **Welcome New Champions!**
- **Welcome Joy Huber!**
- **10 Vital Behaviors of a Self Leader** (Jack Bastable, CBIZ)
 - Champion Sharing of Vital Behaviors #8
 - Introduce Vital Behavior #9
- **HealthQuest Reminders**

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity



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Welcome, Joy Huber!

Alere Onsite Health Promotions Manager

- My first day was Tuesday, September 2nd, 2014.
- I grew up in Northeast Kansas, and attended Highland Community College before transferring to Peru State College in Nebraska to finish my Bachelor's.
- I recently relocated to Topeka to be close to family in the area, and love living back in KS!
- I am a young adult cancer survivor with a personal passion for helping others improve their health and overall quality of life.
- Most recently I had my own business as a public speaker delivering training, and I am greatly looking forward to hanging out less inside Chicago's O'Hare Airport with flight delays and cancellations!
- I have an extensive background in marketing, communications, and working with volunteers from my position with the American Heart Association.



Joy.Huber@alere.com

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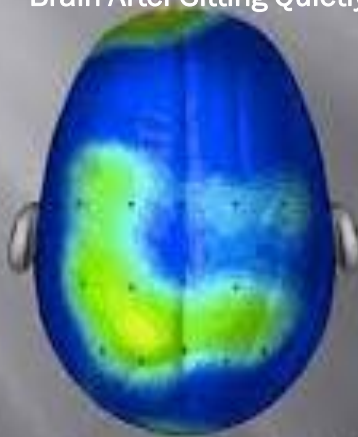
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Wellness Champion Network



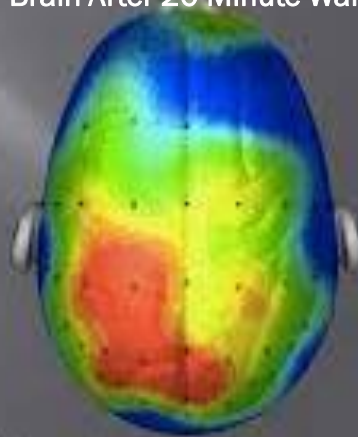
10 Vital Behaviors of a Self-Leader

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Brain After Sitting Quietly



Brain After 20 Minute Walk



Research/scan compliments of Dr. Chuck Hillman University of Illinois

#8 Self-Leaders build periodic physical activity and recovery into their work day to maintain energy throughout the day and evening

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#8 Self-Leaders build periodic physical activity and recovery into their work day to maintain energy throughout the day and evening

- Understand how daily activity impacts their productivity and energy
- Have developed skills for moving during the day, never sitting more than 45 minutes at a time
- Take advantage of activity and asks "how could I be more active?"
- Develops and maintain proper sleep habits

Resources:

www.KansasHealthQuest.com

www.sparkinglife.org – SPARK, by John Ratey

www.mapmyrun.com

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"For over a year now, I've used a 'standing desk' at work. I wanted one for years....and then I found one for \$ 5.00 at a garage sale at a medical building. It fits around the desk provided by the state. On extremely rare occasions do I sit down at work now that I have this desk. I think that I am more alert and productive. I naturally am more likely to move since I am not seated. Sometimes I'll exercise my legs such as low leg lifts, stretches, or rolling to my toes the heels. I'm in customer service / billing and in a highly visible area so the exercises can't get too involved."

"Our office is so cold that I often take the outside route anytime I can when going between buildings on our campus. I also have a friend in my subdivision that has helped me to walk in the evenings more consistently."

"At the work parking lot, I park my car out a long ways out from the front door – taking more steps to get into the building. The building is 14 floors and go up the stairs two to four floors to use the restroom throughout the day."

We heard it from you!

"When I'm stuck in my cube all day, I do my best to stand up every hour and do a few different stretches just to keep the blood flowing and to get my mind off of the computers I'm working on. I also try to get away from my desk for breaks now, which I didn't used to do."

"I have a routine that I stick with for my daily exercise but the things I do during the day are walking to meetings that are in different buildings across campus versus driving to them. My co-worker and I also try to take at least a 15 minute walk in the afternoon. I use the bathroom located in the basement versus the one that's close to my office on the 2nd floor. I just try to get up and walk whenever I feel I need a break."

"At Work – try to get up at least every 45-60 minutes to refresh my water in the break room. Walk to the front of the building to check mail, make copies, shred, etc. Walk throughout the building to just get exercise while looking like I am doing something work-related. At stores, park way out and walk to and from the store. Shop at big stores like Dillons and Walmart so I have to cover more ground to get the items I am looking for."

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#9 Self-Leaders
understand and follow
evidence-based practices
to stay healthy including
making informed
health-care decisions.

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#9 Self-Leaders understand and follow evidence-based practices to stay healthy and make informed health-care decisions.

Maintain biometric and fitness levels a healthy range through lifestyle and medication adherence

Are informed patients and view their health care providers as consultants and advisors

Have a broad-based team of providers including: medical, pharmacy, complementary care (massage, physical therapy, acupuncture, chiropractic)

Resources:

<http://nih.gov/clearcommunication/talktoyourdoctor.htm>

HealthQuest Health Advisor service and Nurse24

Castlight Health Benefit Decision Support (coming in 2015)

Making Wise Health Care Decisions

<https://www.wpsic.com/learningcenter/wise-decisions/>

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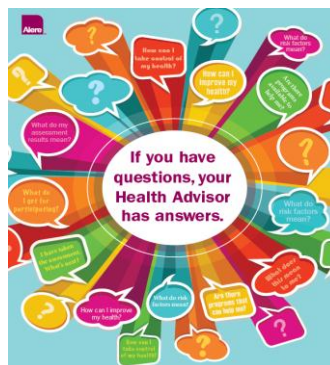
HealthQuest Decision Support / Guidance

NURSE24

Get the help you need and put your mind at ease, 24/7. We can help.

- Talk with specially trained nurses
- Get advice on health concerns, big or small
- Learn exactly what to do in an emergency

HEALTH ADVISOR



Call 1-888-275-1205, option 2
24 hours a day, 7 days a week,

Complete your Health Assessment
Questionnaire. And then, call your
Health Advisor at 1-888-275-1205,
option 6. Earn 5 credits!

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Tell Us What You're Planning!

Do you have a health promotion initiative planned for your location?

Are you looking for a way to reward your co-workers or encourage them to participate in your program?

HealthQuest can help! For your chance to earn pedometers or portion plates to use for your initiative, please submit a proposal to Marissa.Kalkman@alere.com with this information:

1. Description of the program/project you have planned
2. The number of items you need
3. A commitment to share the results of your initiative with champions during a future webinar

Supplies are limited. Proposals will be reviewed and responded to in the order that they are received.

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Pedometers and Portion Plates Available!



For your chance to receive pedometers or portion plates to use for your health promotion program/project, please submit your idea to Marissa.Kalkman@alere.com

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Agency Wellness Program

- Self-Report Form category on the wellness portal for 5 credits
- To be used for agency wellness programs and can be promoted as an opportunity to earn 5 credits
- A completion certificate will need to be provided to completers with a code to enter into the Self-Report Form (required to submit the form)
- Please submit your agency program idea to HealthQuest for approval (Marissa.Kalkman@alere.com)

Agency Wellness Program II
5 Credits

Participate in an Agency Wellness Program and earn 5 credits. Class must be completed August 1, 2013 - November 15, 2014. Once you have completed an Agency Wellness Program, complete this form to earn your wellness credits.

[Continue](#)

Agency Wellness Program
5 Credits

* Date program was completed	<input type="text"/>
* Name of program	<input type="text"/>
* Program completion code (found on certificate)	<input type="text"/>

[Continue](#)

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FINISH YOUR CURRENT PROGRAM. GET READY FOR A NEW ONE!

A new coaching program is launching on November 16, 2014. Finish your current Healthy Living Program by November 15, 2014 to receive 5 credits and/or finish your current Health Coaching program to receive 10 credits. These programs will end 11/15 and the brand new programs will be available 11/16.

More info to come in our October meeting!

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HealthQuest Program Extension

- The HealthQuest program end date is being extended to November 15, 2014
- The benefits of participating are still available and you may continue to use the tools and resources on the portal
- The next HealthQuest program year will be November 16, 2014 – November 15, 2015

There's more time to earn the rewards of good health!
The end date for the HealthQuest program is extended to November 15, 2014.

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Biometric Screenings and Preventive Exam Reminders

Two options to complete a biometric screening from now until November 15 if you have not done so already:

1. Use biometric results from a recent physician's visit: Print the [Biometric Values Form](#) to take with you to your appointment. Employees may use test results from visits occurring between 8/1/13 – 11/15/14.

2. Order an at-home test kit, log into your account on the wellness portal at www.KansasHealthQuest.com. At-home screening kits must be postmarked for return by 10/15/14.

Employees can report their doctor, dental and vision appointments taking place during the extension period (August 1 – November 15) for credits during the next program year. They just need to wait until November 16 when the new program year begins to report these on the wellness portal at www.KansasHealthQuest.com. As always, the State Employee Health Plan will cover one Well Woman/Well Man, one vision, and two dental exams per calendar year in full (with no co-pay) when using a network provider.

Onsite screening events will resume in December 2014 for the next HealthQuest program year.

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Thank You for Attending Today!

Next Meeting is Thursday, October 9, 11:00-11:45am

Secret Question:

Open Questions / Comments



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